

For definitions and maximum points see: [How to Earn Points](#)

Yellow cells should calculate automatically

Place points in each cell if appropriate								Point Criteria	
Eat Smart	M	T	W	T	F	S	S	Points	Eat Smart - 30 points weekly max
Healthy Breakfast								0	1 point daily
2 1/2 cups vegetables								0	1 point daily
2 cups fruit								0	1 point daily
3 oz of whole grains								0	1 point daily
Visit Farmers Market or Healthier Vending Machine Snack								0	2 points weekly
Stress Less									Stress Less - 7 points weekly max
Stress reduction for 15min.								0	1 point daily
General Health	M	T	W	T	F	S	S		General Health - 21 points weekly max
Floss & Brush								0	1 point daily
Slept 7+ Hours								0	1 point daily
8-8oz glass of water								0	1 point daily
Worksite Health Promotion									Worksite Health Promotion - 5 points weekly max
								0	5 points weekly
When the week is finished, report this total score to your Team Captain:								0	